

**Portland Public Schools**  
**4-5th grade Elementary Body Sciences and Personal Safety Education**

Over the last few school years the curriculum that focuses on puberty education and harassment prevention and intervention for the 4th and 5th grade was updated.

As an overview the content areas are as follows:

<b>Grade 4 – Body Science and Puberty</b>	<b>Grade 5 – Personal Body Safety and Harassment Prevention</b>
1. Puberty Changes – Physical, social and emotional changes (1 hour)	1. Boundaries and safe adults- Abuse intervention and prevention – (1 hour)
2. Changing Bodies: Reproductive Systems and Male and Female Anatomy (1 hour)	2. Bullying & Harassment Prevention – (1 hour)
3. Changing Relationships (1 hour)	3. Cyber Harassment Prevention – (1 hour)